

# BUSHIDO CUP CHAMPIONSHIP

## OFFICIAL TOURNAMENT RULES

### **The Event:**

**The Competition Floor:** The competition floor will consist of 4 to 5 16 x 16 individual competition areas. For the adult Black Belt divisions the mat area shall be 20 x 20. With the exception of tournament staff, only competitors and coaches are allowed into this area at anytime. To allow the tournament to progress expediently, the tournament staff will control access to the competition floor by coaches and competitors. No spectators will be allowed on the competition floor.

**Individual Competition Areas:** Each competition area is comprised of a mat, a directing table, directing staff, 2 line judges and a referee. This is the area in which the individual matches will take place. During a match, only one coach is allowed for each competitor.

**Referees:** The referee has complete authority on the mat. All referee decisions are final. In cases where the referee makes obvious mistakes and is no longer capable of properly officiating matches, the referee will be replaced. However, no decisions made by the referee can be reversed.

**Rank Rule:** A competitor must compete at the highest belt level they have earned in the martial arts. A competitor can never compete in a division of which he/she had not earned that rank. Once a competitor competes as a black belt legally, he/she must always compete as a black belt. A competitor can never compete in a lower belt division than the level of belt he/she has earned in the Martial Arts.

**Uniform Requirements for Traditional Events:** All competitors must wear standard Karate, Judo/Jujutsu, or Kung Fu uniform with correct belt or sash corresponding to their rank. A T-shirt with the competitor's school name and/or logo on it may be worn in place of the uniform top.

**No Gi Grappling Uniform Requirements/Equipment:** A shirt or rash guard must be worn and proper grappling shorts without pockets. All competitors are required to have a mouthpiece, and male competitors must wear a cup and supporter. Anyone with a skin infection will be disqualified

### **Traditional Event Divisions**

**Beginners:** White/yellow belt

Ages: 4-5

Ages: 6-7

Ages: 8-9

Ages: 10-11

Ages: 12-14

Ages: 15-17

Ages: 18 and up Men

Ages: 18 and up Women

**Intermediate: Orange/Green belt**

Ages: 4-5

Ages: 6-7

Ages: 8-9

Ages: 10-11

Ages: 12-14

Ages: 15-17

Ages: 18 and up Men

Ages: 18 and up Women

**Intermediate/Advanced: Purple/blue belts**

Ages: 4-5

Ages: 6-7

Ages: 8-9

Ages: 10-11

Ages: 12-14

Ages: 15-17

Ages: 18 and up Men

Ages: 18 and up Women

**Advance: All Brown/All Red belts**

Ages: 4-5

Ages: 6-7

Ages: 8-9

Ages: 10-11

Ages: 12-14

Ages: 15-17

Ages: 18 and up Men

Ages: 18 and up Women

**Junior Black belt: All Levels**

Ages: 7-8

Ages: 9-10

Ages: 11-12

Ages: 13-14

Ages: 15-17

**Adult Black Belt:**

Ages: 18 and up Men

Ages: 18 and up Women

**Masters: 4th Degree and up**

Ages: 18 and up Men

Ages: 18 and up Women

## **POWER BREAKING RULES**

**Description:** Competitors may break wood, or concrete cap blocks with one downward hand or arm strike, or a straight trusting or downward kick.

**Scoring Criteria:** Scoring will be based on the number of materials broken on the first and only strike.

**Age requirements:** all competitors must be 10 years of age and older to compete in this event.

**Required Equipment:** All competitors are responsible for supplying their own breaking materials. This includes boards or concrete, spacers, board holders, and assistants. No materials will be supplied by the event host or staff. Competitors must also provide enough materials in case of a tie. Materials must consist of # 2 white pine boards or 2 x 8 x 16 concrete slabs.

**Setup/Focus/Cleanup Time:** All competitors will be given a 1 minute setup time in order to get their breaking stations setup. Once a competitor is set they will be given only 15 sec of focus time to perform their break. For every sec over 15 they will be penalized a 0.5 deduction from the final score. After the competitors have finished their breaks; they will be given a 1 minute clean up period to remove debris from the competition area.

**Point Structure:** The point structure for this event is as follows.

Wood spaced: 1 point per broken board

Wood nonspaced: 1.5 points per broken board

Concrete slabs spaced: 2 points per broken slab

Concrete slabs nonspaced: 2.5 points per broken slab

**Ties:** In case of a tie competitors must put a new set of materials to break. The competitor that breaks the most will be considered the winner.

## **SELF-DEFENSE RULES**

**Description:** Competitors will demonstrate a required number of self-defense techniques from his or her respective martial arts system.

**Judging Criteria:** Competitors will be judged based on the following: effectiveness, timing, speed, power, and flow of the techniques. Judges will score the competitors on a 1.00 to 10.00 point scale.

**Partners and Props:** It is up to each competitor to provide his or her own partners; as well as props (club, knives, or guns). Partners and props will not be provided by the tournament promoter or staff. If a competitor does not have a partner or prop they will have 1 minute to find a partner or prop. If the competitor fails to do this they will be disqualified from the event.

**Required skills:** Competitors are required to show the following number of self-defense skills.

White/yellow belt: 1 grab/1 punch or kick

Orange/green belt: 1 grab/1 punch/1 kick

Blue/purple belts: 1 grab/1 punch/1 kick/1 body hold or choke

All brown/all red belt levels: 1 grab/1 punch/1 kick/ 1 body hold or choke/ 1 tackle or ground assault

All black belt levels: same requirements as all brown/red plus 1 weapon and 1 multiple attacker techniques

## POINT SPARRING RULES

**Length of match:** Two minute running time unless five points are scored before time has expired. If a match is tied at the end of two minutes, sudden victory (first person to score a point) overtime period will determine the match.

**Point values and determining a winner:** All legal hand techniques that score will be awarded one (1) point. All legal kicking techniques that score will be awarded two (2) points. All penalty points awarded will be awarded one (1) point. The competitor who earns five (5) points before the end of the two minutes or whoever is ahead at the end of the two minutes is declared the winner.

**Majority vote:** Points are awarded by a majority vote of all judges. The majority of judges do not have to agree on the same technique being scored, only that a point was scored. **A majority of the judges calling the point must call a two (2) point kick before two points can be rewarded.** Otherwise only one point is awarded.

**What is a point:** A point is a controlled legal sport karate technique scored by a competitor in-bounds and up-right (unless on a declared padded floor) without time being called that strikes a competitor with the allowable amount of focused touch contact.

**Legal target areas:** Entire head and face, ribs, chest, abdomen, collarbone and kidneys. **Illegal target areas:** Spine, back of neck, throat, sides of the neck, groin, legs, knees and back. **Non-target areas:** Hips, shoulders, buttocks, arms, and feet. **Legal techniques:** Legal techniques are all controlled sport karate techniques, except those listed as illegal. **Illegal techniques:** Head butts, hair pulls, bites, scratches, elbows, knees, eye attacks of any kind, take downs on a hard surface floor, ground fighting on a hard surface, any stomps or kicks to the head of a downed competitor, slapping, grabbing for more than one second, uncontrolled blind techniques, any uncontrolled throws, takedowns or sweeps and any other uncontrolled dangerous techniques that are deemed unsafe in sport karate.

**Sweeps:** Sweeps not to take down an opponent, but only to obstruct the balance so as to follow up with a sport karate technique can only be executed to the back of the front leg at mid-calf or below. A sweep must be deemed a proper sweep and not a kick, to be legal. Controlled Takedowns and sweeps that are meant to take down an opponent are allowed only a declared padded surface.

**Light touch contact:** Means there is no penetration or visible movement of the competitor as a result of the contact. Light touch is allowed to all legal target areas except to the face of all youth and under black belt adult competitors.

**Moderate touch contact:** Means slight penetration or slight target movement. Moderate touch contact may be made to all legal target areas except the head gear and face.

**Warning and penalties:** Three warnings are allowed for breaking the rules before a penalty point is awarded. After the first warning is given, a penalty point is awarded for each and every rules violation. If a competitor receives three penalty points in any one match, he/she will be disqualified. If the severity of the first rules violation is deemed by the referee to be too severe, a penalty point can be issued immediately.

**Other Penalty Rules:** A competitor cannot be penalized and still receive a point on the same call. A competitor can receive a point for a proper technique and another point from a penalty call against his/her competitor (two points awarded). If, in the opinion of the referee and/or the medical personnel, a competitor cannot continue because of an injury caused by an illegal penalized attack executed by his/her competitor, the offending competitor shall be automatically disqualified.

**Other Cause for Penalization:** Attacking illegal and non-target areas, using illegal techniques, running out of the ring to avoid fighting, falling to the floor to avoid fighting, continuing after being ordered to stop, excessive stalling, blind, negligent or reckless attacks, uncontrolled techniques, showing unsportsmanlike behavior from the competitor, his/her coaches, friends, etc., excessive contact, and delay of time are examples of possible penalization.

**Disqualification:** Is at the full discretion of the head referee.

**Non-Competing Penalty:** If, in the majority opinion of the officials, it is considered that the competitors are not making an obvious attempt to fight in the true spirit of competition, both competitors will be warned and if it continues, will be disqualified. **Wrong Division:** If any competitor's competes in a division he/she does not qualify to compete in due to age, weight, rank, gender, style, etc., they will be disqualified.

**Required Equipment:** All competitors are required to wear foam, or vinyl dip foam hand, foot, and head gear. No cloth or leather sparring gear will be allowed. If you have questions about a type or brand of sparring gear please contact the tournament director. Competitors are also required to wear a mouthpiece, and male competitors must wear an athletic cup and supporter. Approved shin pads, chest protector, and face guard are optional.

**Coaching:** Coaching is a luxury that most competitors do not have access to. Therefore, it sometimes can become an unfair advantage over a competitor who does not have coaching. The rules are made and enforced so no one competitor has an advantage or disadvantage over another competitor. Therefore, coaching is allowed but will follow the following guidelines: 1. Never, at any time, can a coach enter the ring without the referee's permission; 2. No abusive, violent, unsportsmanlike or overzealous coaching; 3. Coaches cannot ask for a time out; 4. Coaches can never, at any time, interfere with the proper running of the ring or the decisions of the judges; 5. Coaches may only coach their competitor in between rounds and must not coach or direct them during their matches

## CONTINUOUS SPARRING RULES

**Length of match:** Two minute running time. If a match is tied at the end of two minutes, a 1minute sudden victory overtime period will determine the match. If at the end of the overtime period there is still no winner; the match will go to the fighter with superior technique.

**Point values and determining a winner:** All legal techniques that score will be awarded one (1) point regardless of it being a hand or foot technique. All penalty points awarded will be awarded one (1) point.

**Judges scoring:** Points are awarded by 2 line judges located at either side of the ring. Both judges will keep score for both competitors with the use of score keepers. Both judges must have a scored a competitor ahead on points in order for them to be declared the winner.

**What is a point:** A point is a controlled legal sport karate technique scored by a competitor in-bounds and up-right (unless on a declared padded floor) without time being called that strikes a competitor with the allowable amount of focused touch contact.

**Legal target areas:** Entire head and face, ribs, chest, abdomen, collarbone and kidneys. **Illegal target areas:** Spine, back of neck, throat, sides of the neck, groin, legs, knees and back. **Non-target areas:** Hips, shoulders, buttocks, arms, and feet. **Legal techniques:** Legal techniques are all controlled sport karate techniques, except those listed as illegal. **Illegal techniques:** Head butts, hair pulls, bites, scratches, elbows, knees, eye attacks of any kind, take downs on a hard surface floor, ground fighting on a hard surface, any stomps or kicks to the head of a downed competitor, slapping, grabbing for more than one second, uncontrolled blind techniques, any uncontrolled throws, takedowns or sweeps and any other uncontrolled dangerous techniques that are deemed unsafe in sport karate.

**Roundhouse style leg kicks:** Roundhouse style legs kick are only allowed with in all divisions. Kicks can only be made to the outside of the leg, and must be above the knee. No inside leg kicks will be allowed

**Sweeps:** Sweeps not to take down an opponent, but only to obstruct the balance so as to follow up with a sport karate technique can only be executed to the back of the front leg at mid-calf or below. A sweep must be deemed a proper sweep and not a kick, to be legal. Controlled Takedowns and sweeps that are meant to take down an opponent are allowed only a declared padded surface.

**Light touch contact:** Means there is no penetration or visible movement of the competitor as a result of the contact. Light touch is allowed to all legal target areas except to the face of all youth and under black belt adult competitors.

**Moderate touch contact:** Means slight penetration or slight target movement. Moderate touch contact may be made to all legal target areas except the head gear and face.

**Knock Downs:** If a competitor is knocked down due to the force of an opponents legal strike; the downed fighter shall be given a standing eight count then asked if they can continue the match. If the fighter is able to fight then the center referee shall allow the match to continue. However the fighter is unable to continue the match the center referee shall stop the match and declare the other fighter the winner. The fighter that caused the knock down shall be award an additional bonus point by the center referee.

**Warning and penalties:** Three warnings are allowed for breaking the rules before a penalty point is awarded. After the third warning is given, a penalty point is awarded for each and rules violation. If a competitor receives three penalty points in any one match, he/she will be disqualified. If the severity of the first rules violation is deemed by the referee to be too severe, a penalty point can be issued immediately.

**Other Penalty Rules:** A competitor cannot be penalized and still receive a point on the same call. A competitor can receive a point for a proper technique and another point from a penalty call against his/her competitor (two points awarded). If, in the opinion of the referee and/or the medical personnel, a competitor cannot continue because of an injury caused by an illegal penalized attack executed by his/her competitor, the offending competitor shall be automatically disqualified.

**Other Cause for Penalization:** Attacking illegal and non-target areas, using illegal techniques, running out of the ring to avoid fighting, falling to the floor to avoid fighting, continuing after being ordered to stop, excessive stalling, blind, negligent or reckless attacks, uncontrolled techniques, showing unsportsmanlike behavior from the competitor, his/her coaches, friends, etc., excessive contact, and delay of time are examples of possible penalization.

**Disqualification:** Is at the full discretion of the head referee.

**Non-Competing Penalty:** If, in the majority opinion of the officials, it is considered that the competitors are not making an obvious attempt to fight in the true spirit of competition, both competitors will be warned and if it continues, will be disqualified. **Wrong Division:** If any competitor's competes in a division he/she does not qualify to compete in due to age, weight, rank, gender, style, etc., they will be disqualified.

**Required Equipment:** All competitors are required to wear foam, or vinyl dip foam hand, foot, and head gear. No cloth or leather sparring gear will be allowed. If you have questions about a type or brand of sparring gear please contact the tournament director. Competitors are also required to wear a mouthpiece, and male competitors must wear an athletic cup and supporter. Approved shin pads, chest protector, and face guard are optional.

**Coaching:** Coaching is a luxury that most competitors do not have access to. Therefore, it sometimes can become an unfair advantage over a competitor who does not have coaching. The rules are made and enforced so no one competitor has an advantage or disadvantage over another competitor. Therefore, coaching is allowed but will follow the following guidelines: 1. Never, at any time, can a coach enter the ring without the referee's permission; 2. No abusive, violent, unsportsmanlike or overzealous coaching; 3. Coaches cannot ask for a time out; 4. Coaches can never, at any time, interfere with the proper running of the ring or the decisions of the judges; 5. Coaches may only coach their competitor in between rounds and must not coach or direct them during their matches

## **FREESTYLE FIGHTING RULES**

**Freestyle fighting overview:** Freestyle fighting is an event that allows both striking and grappling with in the same match. Competitors may win by either points or by submission.

**Length of match:** Two minute running time. If a match is tied at the end of two minutes, a 1 minute sudden victory overtime period will determine the match. If at the end of the overtime period there is still no winner; the match will go to the fighter with superior technique.

### **Rules for stand up phase:**

**Point values:** All legal standing techniques that score will be awarded one (1) point regardless of it being a hand or foot technique. All penalty points awarded will be awarded one (1) point.

**Judges scoring:** Points are awarded by 2 line judges located at either side of the ring. Both judges will keep score for both competitors with the use of score keepers. Both judges must have scored a competitor ahead on points in order for them to be declared the winner by.

**What is a point:** A point is a controlled legal sport karate technique scored by a competitor in-bounds and up-right (unless on a declared padded floor) without time being called that strikes a competitor with the allowable amount of focused touch contact.

**Legal target areas:** Entire head and face, ribs, chest, abdomen, collarbone and kidneys. **Illegal target areas:** Spine, back of neck, throat, sides of the neck, groin, legs, knees and back. **Non-target areas:** Hips, shoulders, buttocks, arms, and feet. **Legal techniques:** Legal techniques are all controlled sport karate techniques, except those listed as illegal. **Illegal techniques:** Head butts, hair pulls, bites, scratches, elbows, knees, eye attacks of any kind, take downs on a hard surface floor, ground fighting on a hard surface, any stomps or kicks to the head of a downed competitor, slapping, grabbing for more than one second, uncontrolled blind techniques, any uncontrolled throws, takedowns or sweeps and any other uncontrolled dangerous techniques that are deemed unsafe in sport karate.

**Roundhouse style leg kicks:** Roundhouse style leg kick are only allowed with in all divisions. Kicks can only be made to the outside/upper thigh area of the leg, and must be above the knee. No inside leg kicks will be allowed.

**Light touch contact:** Means there is no penetration or visible movement of the competitor as a result of the contact. Light touch is allowed to all legal target areas except to the face of all youth and under black belt adult competitors.

**Moderate touch contact:** Means slight penetration or slight target movement. Moderate touch contact may be made to all legal target areas except the head gear and face.

**Knock Downs:** If a competitor is knocked down due to the force of an opponents legal strike; the downed fighter shall be given a standing eight count then asked if they can continue the match. If the fighter is able to fight then the center referee shall allow the match to continue. However the fighter is unable to continue the match the center referee shall stop the match and declare the other fighter the winner. The fighter that caused the knock down shall be award an additional bonus point by the center referee.

**Warning and penalties:** Three warnings are allowed for breaking the rules before a penalty point is awarded. After the third warning is given, a penalty point is awarded for each and rules violation. If a competitor receives three penalty points in any one match, he/she will be disqualified. If the severity of the first rules violation is deemed by the referee to be to severe, a penalty point can be issue immediately.

**Other Penalty Rules:** A competitor cannot be penalized and still receive a point on the same call. A competitor can receive a point for a proper technique and another point from a penalty call against his/her competitor (two points awarded). If, in the opinion of the referee and/or the medical personnel, a competitor cannot continue because of an injury caused by an illegal penalized attack executed by his/her competitor, the offending competitor shall be automatically disqualified.

**Other Cause for Penalization:** Attacking illegal and non-target areas, using illegal techniques, running out of the ring to avoid fighting, falling to the floor to avoid fighting, continuing after being ordered to stop, excessive stalling, blind, negligent or reckless attacks, uncontrolled techniques, showing unsportsmanlike behavior form from the competitor, his/her coaches, friends, etc., excessive contact, and delay of time are examples of possible penalization.

### **Rules for grappling phase:**

**Overview:** All matches will began standing, however once an opponent clinches with the other both competitors and no longer strike and must began grappling. If a competitor who is clinched breaks the clinch, or is on the ground and stands up disengaging; the match shall return to striking.

**Point values:** two (2) points will be awarded for performing the following techniques:

#### **Takedown**

A takedown is any type of legal technique that is initiated or used as a counter by a competitor that results in the other competitor being on his back beneath him. If one competitor pulls the other competitor into the guard, no takedown points will be awarded. However, if one competitor initiates a takedown, and the other competitor pulls to the guard to avoid the takedown, the initiator of the takedown will be awarded points for the takedown. Position must be clearly established to score the 2 points.

#### **Escape**

An escape is any type of legal technique applied by one competitor in order to free himself from a dominant position, or submission attempt but is unable to assume a dominant position himself.

#### **Reversal**

A reversal is any type of legal technique applied by one competitor, from the any dominate position or submission attempt, which results in the other competitor being on the bottom or with the reversing competitor ending in a dominant position.

## **Knee on Stomach**

Points are awarded for the Knee on Stomach position when one competitor places one knee on his opponent's stomach while posting the other foot on the mat, and holding this position for 3 seconds.

## **Passing the Guard**

Points are awarded for passing the guard when a competitor is able to move directly from the guard or half guard to a top position where his body or legs are no longer entangled by his opponent. The competitor must remain un-entangled for 3 seconds to be awarded points. In addition, the competitor must prevent his opponent from turning to his knees or standing up to receive points for passing the guard.

## **Mount**

The mount is defined by a competitor being on top of his opponent's torso with one leg on each side of his opponent's body. The opponent can be on his back or side and the competitor will still score mount points as long as his legs are completely un-entangled by his opponent (not in the guard or half guard). To score points for the mount, a competitor must maintain this position for at least 3 seconds.

## **Back Mount**

Back mount is defined by a competitor wrapping his legs around his opponent's waist while the opponent is facing away from him. To obtain points for this position, the competitor must have both legs wrapped the front of their opponent's waist or thighs (must have "both hooks in"). In addition, in the case where the opponent is laying flat on his stomach, back mount points can be obtained by simply mounting the torso and having each leg on opposite sides of the opponent.

All penalty points awarded will be awarded one (1) point.

**Submissions:** Submission occurs when a technique forces an opponent into admitting defeat by:

1. Tapping the hand against his opponent, himself, or the floor.
2. Tapping his feet against the floor.
3. Verbally expressing the desire to stop the match (this includes screaming).
4. Withdrawing from the match due to an injury or if the competitor is physically unable to continue the match.
5. A coach withdrawing his competitor for any reason by expressing his intent to the referee, or by throwing in the towel.
6. The referee may end the match if he sees a lock being properly applied and is certain that the Athlete is exposed to serious physical damage, giving victory to the competitor that applied

**Judges scoring:** Once the match has begins the grappling phase the center referee will be responsible for awarding points to the competitors. The center referee shall wear a red wrist band on his right wrist to signal that points are being called for the competitor who is designated red. The center referee shall keep his left wrist bear in order to signal points are being called for the competitor that is designated white.

## **Illegal Techniques:**

1. Any kind of striking
2. Heel Hooks and Toe Holds
3. Slamming in the guard
4. Placing fingers in eyes or mouth
5. Any attacks on fingers or toes (if the hand is being stripped, the competitor must grip at least 3 fingers)
6. Neck Cranks

**Disqualification:** Is at the full discretion of the head referee.

**Non-Competing Penalty:** If, in the majority opinion of the officials, it is considered that the competitors are not making an obvious attempt to fight in the true spirit of competition, both competitors will be warned and if it continues, will be disqualified. **Wrong Division:** If any competitor's competes in a division he/she does not qualify to compete in due to age, weight, rank, gender, style, etc., they will be disqualified.

**Required Equipment:** All competitors are required to wear foam, or vinyl dip foam hand, foot, and head gear. No cloth or leather sparring gear will be allowed. If you have questions about a type or brand of sparring gear please contact the tournament director. Competitors are also required to wear a mouthpiece, and male competitors must wear an athletic cup and supporter. Approved shin pads, chest protector, and face guard are optional.

**Coaching:** Coaching is a luxury that most competitors do not have access to. Therefore, it sometimes can become an unfair advantage over a competitor who does not have coaching. The rules are made and enforced so no one competitor has an advantage or disadvantage over another competitor. Therefore, coaching is allowed but will follow the following guidelines: 1. Never, at any time, can a coach enter the ring without the referee's permission; 2. No abusive, violent, unsportsmanlike or overzealous coaching; 3. Coaches cannot ask for a time out; 4. Coaches can never, at any time, interfere with the proper running of the ring or the decisions of the judges; 5. Coaches may only coach their competitor in between rounds and must not coach or direct them during their matches

## **NO GI SUBMISSION GRAPPLING RULES**

a. **Uniform Requirements/Equipment:** A shirt or rash guard must be worn and proper grappling shorts without pockets. All competitors are required to have a mouthpiece, and male competitors must wear a cup and supporter. Anyone with a skin infection will be disqualified

b. **Determining the Winner:** All rounds are double elimination format. Fighters who win there matches will advance to the next round until first place is decided. Round loser will be placed in a conciliation bracket and will have a chance to fight again for 3<sup>rd</sup> place. If a match ends in a tie, there shall be a 1 minute sudden death match to determine the winner. If the sudden death match ends in a tie the center referee shall award a winner based on superior technique and aggressiveness. No matches will end in a draw. Victory in the match will be decided by:

1. **Withdrawal or Submission**
2. **Individual Accumulates 12 points**
3. **Disqualification**
4. **Points**
5. **Referee Decision**

c. **Ways to Win:** The match must follow a continuous and constant technical development where the competitors must aim to submit and to attempt finalizing moves and locks. With this in mind, the competitor will be awarded points for achieving the following positions or executing the following techniques during the match. However, points will not be given to a competitor that is in scoring position, but in a lock them self. The competitor will be awarded points only after freeing himself from the lock.

Accrual of points starts at the beginning of the match.

Takedown – 2 Points

Escape – 2 Points

Reversal – 3 Points

Passing the guard – 3 Points

Knee on Stomach – 2 points

Front/Rear mount – 4 points

### **Takedown**

A takedown is any type of legal technique that is initiated or used as a counter by a competitor that results in the other competitor being on his back beneath him. If one competitor pulls the other competitor into the guard, no takedown points will be awarded. However, if one competitor initiates a takedown, and the other competitor pulls to the guard to avoid the takedown, the initiator of the takedown will be awarded points for the takedown. Position must be clearly established to score the 2 points.

## **Escape**

An escape is any type of legal technique applied by one competitor in order to free himself from a dominant position, or submission attempt but is unable to assume a dominant position himself.

## **Reversal**

A reversal is any type of legal technique applied by one competitor, from the any dominate position or submission attempt, which results in the other competitor being on the bottom or with the reversing competitor ending in a dominant position.

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Points are awarded for the Knee on Stomach position when one competitor places one knee on his opponent's stomach while posting the other foot on the mat, and holding this position for 3 seconds.

## **Passing the Guard**

Points are awarded for passing the guard when a competitor is able to move directly from the guard or half guard to a top position where his body or legs are no longer entangled by his opponent. The competitor must remain un-entangled for 3 seconds to be awarded points. In addition, the competitor must prevent his opponent from turning to his knees or standing up to receive points for passing the guard.

## **Mount**

The mount is defined by a competitor being on top of his opponent's torso with one leg on each side of his opponent's body. The opponent can be on his back or side and the competitor will still score mount points as long as his legs are completely un-entangled by his opponent (not in the guard or half guard). To score points for the mount, a competitor must maintain this position for at least 3 seconds.

## **Back Mount**

Back mount is defined by a competitor wrapping his legs around his opponent's waist while the opponent is facing away from him. To obtain points for this position, the competitor must have both legs wrapped the front of their opponent's waist or thighs (must have "both hooks in"). In addition, in the case where the opponent is laying flat on his stomach, back mount points can be obtained by simply mounting the torso and having each leg on opposite sides of the opponent.

## **Submission**

Submission occurs when a technique forces an opponent into admitting defeat by:

1. Tapping the hand against his opponent, himself, or the floor.
2. Tapping his feet against the floor.
3. Verbally expressing the desire to stop the match (this includes screaming).
4. Withdrawing from the match due to an injury or if the competitor is physically unable to continue the match.
5. A coach withdrawing his competitor for any reason by expressing his intent to the referee, or by throwing in the towel.
6. The referee may end the match if he sees a lock being properly applied and is certain that the Athlete is exposed to serious physical damage, giving victory to the competitor that applied the lock.

#### **d. Illegal Techniques:**

1. Any kind of striking
2. Heel Hooks and Toe Holds
3. Slamming in the guard
4. Placing fingers in eyes or mouth
5. Any attacks on fingers or toes (if the hand is being stripped, the competitor must grip at least 3 fingers)
6. Neck Cranks

#### **e. Grounds for fouls and disqualification**

competitor will receive fouls and possible disqualification for the following behavior:

1. Performing any type of striking.
2. Use of foul language, cursing, or other acts of disrespect towards the referee, staff, competitors, coaches, or spectators.
3. Performing an illegal technique.
4. Fleeing to the out of bounds area to avoid a technique or submission.
5. Dropping to one or both knees, sitting without making contact or engage with the opponent (unless in the act of initiating a takedown), stalling of any kind.

In cases where the violation is not as serious:

On the 1<sup>st</sup> and 2<sup>nd</sup> offence the offender will be given a verbal warning.

On the 3<sup>rd</sup> offence 2 points will be deducted from the offender's total and the match will be brought back to the feet.

After the third offence the referee may disqualify the athlete for any further fouls.

#### **f. Time Limits**

The following time limits will be applied for the designated divisions. Overtime extensions will be 1 minutes.

##### **DIVISION      TIME**

Novice: 2 minutes    Beginner: 3 Minutes    Intermediate: 4 Minutes    Advanced: 5 Minutes    Absolute: 5 Minutes

#### **No Gi Grapping Divisions**

**Kids Weight Class:** Novice/Beginner/Advanced

40 & under

41-50

51-60

61-70

71-80

81-90

91-105

106 & up

**Teen Weight Class:** Novice/Beginner/Advanced

140 & under

141-170

171 & up

**Adult Women:** Novice /Beginner/Advanced

130 & under

131 & up

**Adult Men:** Novice/Beginner/Intermediate/Advanced

150&under

151-165

166-180

181-195

196-215

216 & up

**Men/Women's Masters Weight Class:** age 35 & up/ Novice/Beginner/Advanced

175 & under

176-205

206 & up

**Absolute:** Adult men and women

Open weight class

**h. Levels:**

Novice: No submissions 0 to 6 months (2 minute matches)

Beginners: 6 months to 2 years (3 minute matches)

Intermediate: 2 1/2 to 5 years (4 minute matches)

Advanced: 5 years or more (5 minute matches)

Absolute: 5 years or more (5 minute matches)

**Special Note:** Divisions may be combined if there are less than 5 competitors per divisions.